

Hi. My name is Marlla Johansen and I'm a 12 year client of Western Montana Mental Health in Missoula.

I have been diagnosed with dementia.

I am also a veteran of the US Army.

I attend the mental health center 4 days a week and attend two groups a day.

I have a case manager and a community based representative who helps me very much.

I'm very lucky to be a client of the Mental Health center.

These are the things that the Missoula mental health center has done for me.

I've met a lot of really great people whose friendships I value very much.

There is one lady in particular. She has invited me to her house for my birthday, for Thanksgiving and for Christmas dinners several of us threw her a surprise thank you party last Saturday.

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The next thing the Missoula Mental Health Center has done for me is improvement in my dementia.

My memory is now stabilizing; I'm exercising, walking at the South Gate Mall twice a week, going to the Missoula County Library once a week and reading a book a week. I'm also in the middle of putting together a puzzle.

The last thing that Missoula Mental Health Center has done for me is to provide an education.

I've learned how to deal with people of all personalities and mental health diagnosis. These experiences provide a valuable education that will help me in the future. I have been an elected officer of our member council and this has allowed me to give back to my community

I look forward to attending the Missoula Mental Health Center in the future.

It is vitally important to me because it helps me lead a meaningful and productive life. Thank you.